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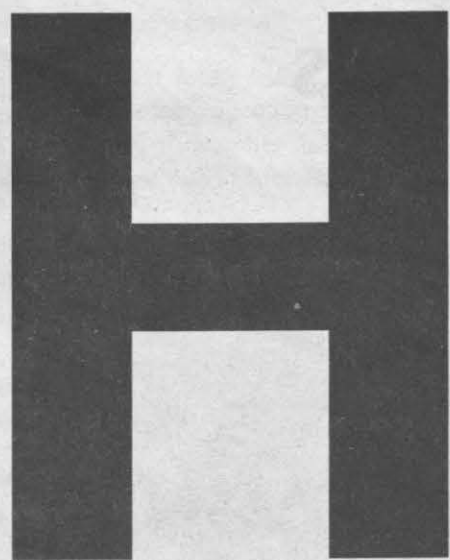
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Regis University's



Highlander

Volume 98, Issue 2

November 2014

Halloween Roundup

Haunted house reviews, movies and more.

Pgs. 6-8

Ski Season Kicks Off

Students excited to hit the slopes. Pg. 3

Voting Underway

What you need to know before you vote in the Nov. elections. Pg. 2



November Elections Around The Corner: Know Your Candidates

Emily Barad STAFF WRITER

Photos: GOOGLE

DEMOCRATIC PARTY

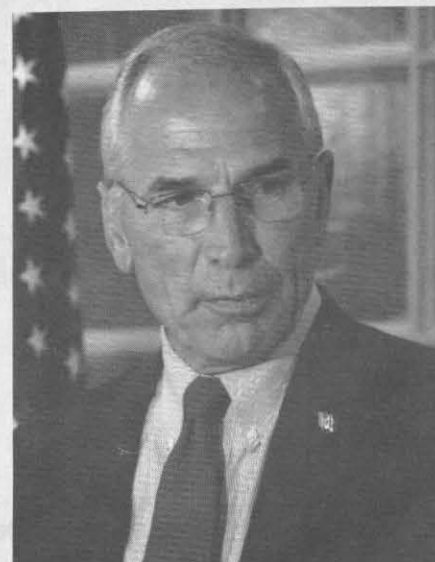
GOVERNOR

REPUBLICAN PARTY



JOHN HICKENLOOPER

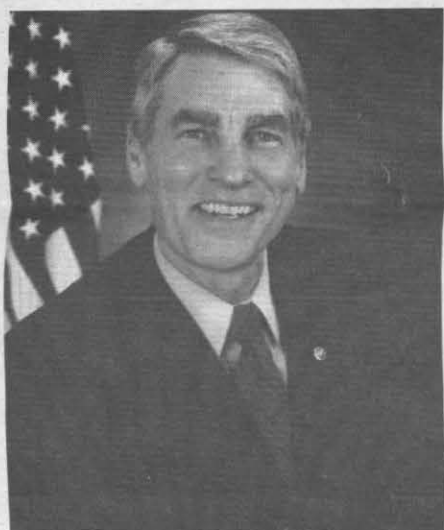
John Hickenlooper has served as Colorado's governor for the past four years and is running for re-election. He is a Pennsylvania-native. He moved to Colorado to pursue a career in oil and eventually got involved in the beer brewing industry. The beer brewing industry helped develop some of what is now downtown Denver. Hickenlooper then served as the Denver's mayor. Some of the issues he supports are increasing funding for education and emergency response programs.



BOB BEAUPREZ

The Republican candidate for Governor is Bob Beauprez. Beauprez was raised on a cattle ranch outside of Denver and has lived in Colorado his entire life. Beauprez has previously served as representative and as the chairman of Colorado's Republican Party. Mitt Romney is one of Beauprez's supporters. Beauprez support issues, such as education, specifically the elimination of the "Common Core" curriculum, energy regulations and agriculture reforms.

U.S. SENATE



MARK UDALL

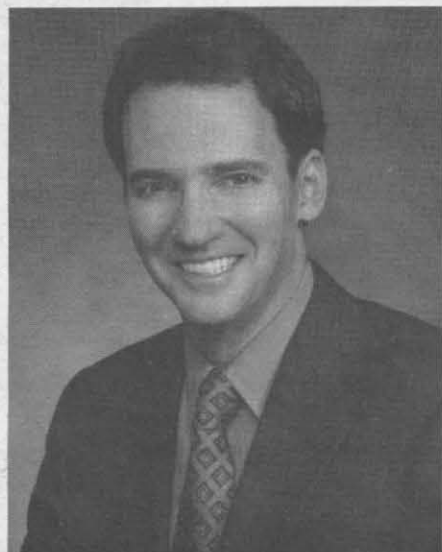
Mark Udall is running for re-election. As senator, he has worked for several committees including Energy and Natural Resources and Armed Services Committee. Through his work in these committees, Udall has been able to make improvements that has boosted the economy, job market and supported clean energy. He supports equal pay for women, ensuring that women will have the right to make their own health care choices and immigration reform.



CORY GARDNER

Cory Gardner is a Republican candidate running against Mark Udall. Gardner was born and raised in Yuma, Colorado. In 2010, Gardner was elected as Representative for Colorado and was a member of the Energy and Commerce committee. He supports the development of Colorado's natural resources. He wishes to reduce the national debt, promote renewable energy development and reduce America's dependency on foreign imports.

U.S. HOUSE OF REPRESENTATIVES



ANDREW ROMANOFF

Andrew Romanoff is a Washington D.C native but has lived in Colorado since completing his law degree from DU Law School. He has served on the Colorado House of Representative for four terms and was Speaker of the House for two of them. As representative, he passed the Economic Recovery Plan and is seeking to repair the state's schools. He also wishes to improve the nation's education as a whole and provide greater support for veterans.



MIKE COFFMAN

Mike Coffman was born in Missouri but grew up in Colorado. He has served in the Army and Marines. He served on the Colorado House of Representatives in 1988 and 1990. In 1994, he was elected to the State Senate and served as state treasurer in 1998. He was elected in the House of Representatives in 2008 and is the only member of Congress to have served in both the Iraq wars. Coffman supports fixing climate change, education and health care reforms.

CAMPUS

Benefits of Common Core Up for Debate

David Macias **ASSOCIATE EDITOR**

There has been a lot of debate across, especially with the upcoming November elections, of whether or not the Common Core curriculum is necessary.

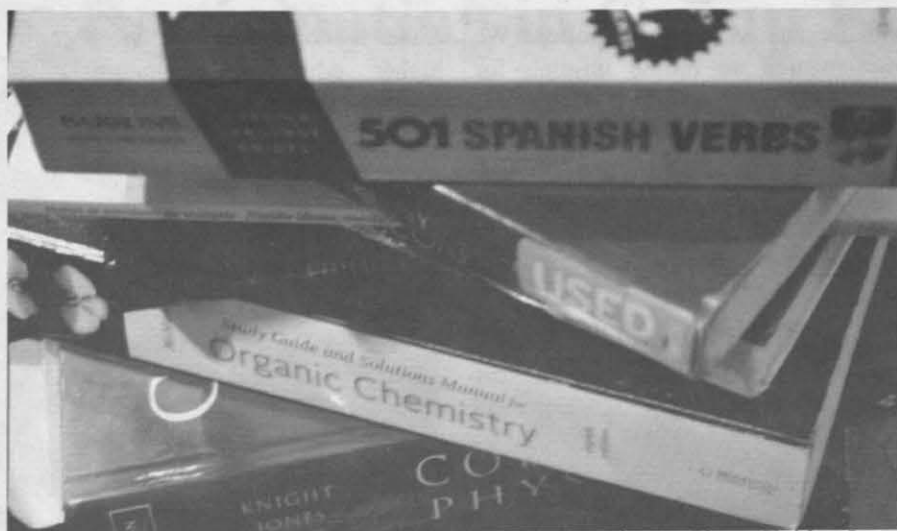
Bob Beauprez, candidate for Colorado governor, said that if elected he plans to abolish Common Core in Colorado.

Common Core is a set of courses all undergraduate students are required to take as general education regardless of their major.

Common Core, therefore, includes but is not limited to a science class, such as physics or chemistry; fine arts classes, such as music theory or art history and a foreign language requirement, such as Spanish.

Some colleges across the nation, such as Georgia College, have newly implemented the Common Core into their curriculum. Other universities like Cornell and Brown University have no Common Core requirements.

Colorado State University and



Books used in Common Core classes. Photo: Kaitlyn Strutt

University of Colorado Denver have strengthened their Common Core curriculum by requiring all students take the general courses.

Regis has had a Common Core since its establishment in 1877, according to an excerpt from "How the First Jesuits Became Involved in Education."

The article states that the Common Core has been a part of Jesuit philosophy since the establishment of the first

Jesuit university in 1548.

First-year English and chemistry double-major Naomi Sellers supports Regis' Common Core requirements.

"It's really useful and helpful for not only the college level but as a fundamental skill," Sellers said. "For example, English helps you communicate more clearly and history helps you put things into context."

Senior computer science major Erin

McAleer said she wishes the Common Core taught at Regis were classes that would help her in the 'real world.'

"I would definitely take a class that taught me to do my own taxes and manage my money," she said.

English professor David Hicks, Ph.D. said the Common Core curriculum prepares students to handle a myriad of situations.

Hicks said the average person changes jobs at least five times in their lifetime and therefore having at least a basic knowledge in a range of fields will be helpful to them.

"It is the common core that allows Regis students to approach problems from different perspectives and be more valuable in the job market," Hicks said. "Regis provides very well-rounded students."

McAleer said she doesn't believe a Common Core curriculum is the only route to achieve this.

"I wouldn't agree that's the only way. You can have equally well-rounded students just by teaching them critical thinking skills" she said.

OUTDOORS

Students Eager to Shred the Gnar



Student Brittney Anderson enjoying a day out on the slopes. Photo: Brittney Anderson

Tanner Stuhler **ASSOCIATE EDITOR**

Ski and snowboarding season is just around the corner and some Regis students are amped to be hitting the slopes again.

Junior chemistry major Brittney Anderson said she is more excited than usual because the snow predictions this

season.

"I heard it is supposed to be a good year this year. Since, I've been here in Colorado, Colorado hasn't had a good year. Being from Alaska, I'm a big snow snob," Anderson said.

Senior religious studies major Elliott Connall said he's all geared up and ready to go.

"I got a new pair of boots recently," Connall said. "I've had the same boots since eighth grade. When I would snowboard the last couple years I would have to take off my boots to let my blood flow back to my feet again."

Anderson said there is something special about being up on the mountains that creates memories.

"When I was skiing back home with a bunch of friends, it was -30 and no one was out. The snow was great and it was really icy," she said.

Connall has had his share of great experiences too.

"(My fondest memory) is just going off the trail and going through the trees with friends. Just trying to find our own way and having no idea where we are."

Anderson said she also prefers the rare solitude that occasionally comes with being up on the mountains.

"I like being out in the snow with nobody. Which is really hard out here because everybody everywhere is skiing," she said.

Connall took a more philosophical approach to what he enjoys most about skiing.

"Overall, what I enjoy most is the experience of finding metaphors for real life. One friend said to me that the more out of control you (feel) on your board the more in control you are."

Connall recalled an instance:

"My first black diamond I went down, it was a crazy snow day. I didn't realize I was going down a

black diamond but I couldn't see that well because of the snow. I was going over all these jumps and moguls unintentionally and I did really well," Connall said.

Connall said he struggled when conditions became more ideal.

"When I went back when it was clear I was having the hardest time because I could see the troubles ahead of me. When I didn't focus on I could just ride it out," he said.

With the popularity of being up on the mountains there is bound to be some conflict.

This can be especially evident between skiers and snowboarders.

"If I even get close to a snowboarder they freak out but if a snowboarder gets close to me I'll freak out. If a skier gets close to me, it's not a big deal," Anderson said.

Connall takes a much more relaxed approach.

"There have been times when I have been crashed into by skiers and it's all good. I have crashed into skiers too and it's been chill," Connall, who is a snowboarder, said.

Soon skiers and snowboarders will be hitting the slopes together, all looking to make new memories.

Connall had this piece of ski etiquette to share to everyone heading out this season:

"A standard rule of moguls is if you're a jack-s you're going to be treated like one," he said.

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TITLE IX

Q&A with Regis' Title IX Coordinator

Sneha Antony **EDITOR-IN-CHIEF**

Regis' Title IX coordinator Lorna Dwyer answers questions about the university's new Title IX policies and procedures.

1. Summarize the new Title IX policy and procedures.

The Nondiscrimination and Sexual Misconduct policy is a comprehensive document the university drafted to enhance its efforts to stop and prevent all forms of sexual misconduct. The university is committed to creating a safe environment and to fight against sexual violence and all forms of discrimination.

2. What has Regis done to address the issue of sexual misconduct on campus?

Since last December, the university hired me as the full-time Title IX Coordinator. It also created the position of a Violence Prevention Program Coordinator and hired Andrea Thyrring in this position. She has been working on developing initiatives to expand our efforts.

We are also working hard on educating our community and helping them understand the Nondiscrimination

and Sexual Misconduct policy. We implemented an online training for our traditional students and we are getting ready to launch training for the university's adult learners, faculty and staff. We are also working on creating educational materials and prevention campaigns.

3. What is left for the school to do?

I think the big challenge for the future is to raise awareness among our students and increase student participation in the initiatives. Bystander intervention is also critical to stop and prevent sexual misconduct.

4. Has the legal landscape governing sexual misconduct at universities changed in recent years?

Yes, very much. For instance, last year the Violence Against Women Reauthorization Act was issued. It included domestic violence, dating violence and stalking as new conducts to be reported in the Annual Security Report and created new responsibilities for higher education institutions in terms of training and development of policies.

The Department of Education is constantly providing new guidance for its implementation. In addition, last January, the president created a task

force to combat sexual violence in higher education institutions and launched a website "Not Alone" which also provides guidance to the schools and serves as an important source of information for victims and advocates.

5. How has this affected your approach to the university's new policies and procedures?

We have included domestic violence, dating violence and stalking as forms of sexual misconduct, listed the rights of the parties involved and added a list of resources for victims.

6. What do you think about the growing national attention on the issue of sexual assault on college campuses?

I believe it is very positive that sexual assault has gained so much attention because it creates awareness in the community.

7. What will success look like?

The elimination of the problem, of course!

But I am aware that this may not be realistic. I wish all our students and members of the community become aware of the problem, understand the importance of prevention and bystander intervention and unite in

the fight against sexual violence.

The university strives to create a safe environment free from sexual misconduct and other forms of discrimination.

8. What would you say to a member of the community who believes the new policy and procedures are not good enough?

I will invite that person to come and talk with us and to give us her/his input. We welcome any constructive input from members of the community.

9. Whom should students, faculty, and staff call if they have an incident to report?

If the student or member of the community chooses to have his/her case investigated they can talk with the Title IX coordinator, dean of students and associate vice president of human resources.

If the victim chooses not to report or is not ready to report the incident, it is important that they limit their conversation to our confidential resources: Campus mental health counselors and staff, Jesuits and the university ministry and staff. I would strongly advise victims to read the university's policy to make sure they are making informed decisions.

OPINION

All Jokes Aside: It Turns Out That 'Fake News' Is More Real

Jay Belmonarch **STAFF WRITER**

Our generation has lost faith in the cable news media. This trend has limited the demographics of each news broadcaster to people over forty and to the radical.

There are no polls that I am aware of to support this, but such things can be inferred from the subtle changes in the approach that big news has taken as we have come of age.

The rhetoric of sensationalism, panic and righteousness is primarily a response to the demands of an evolving audience.

This leaves the rest of us to fend for ourselves.

Strangely, it is satire that has taken the role of informant.

Comedians Jon Stewart and Stephen Colbert are, for younger liberally minded individuals, the most trusted names in news.

As the nation continues airstrikes on ISIS in Syria and Iraq, the U.S. public is bracing for yet another

military conflict in the Middle East.

And in order to make sense of this new crisis, viewers are finding that "fake news" often offers better analysis than the so-called "real news."

Recently Fox News's Eric Bolling called the first female United Arab Emirates (U.A.E) pilot that bombed MSNBC, or talk radio. The gap is significant on domestic issues and staggering on international news.



Political satirist Jon Stewart (right) interviews Admiral Michael Mullen on The Daily Show. Photo: Google

Satire news is good for two reasons: One, in seeking out irony for a bit, correspondents stay critical.

They do not rely on polls, but instead find real people—an old-fashioned method—and urge them to say what they really think.

The result is often funny and always truthful.

Secondly, it exposes the hypocrisy of political rhetoric on TV news.

For example, on the very same news day that Eric Bolling made the "boobs on the ground" statement, a major portion of TV news time was spent deconstructing President Obama's "latte" salute with Bolling himself calling the salute with coffee-in-hand disrespectful to the troops.

Stewart pointed out the hypocrisy of Bolling's attacks on the president by reminding viewers that Bolling had shown no respect for the female U.A.E pilot.

His point is that, if we should respect troops, then we should respect all troops.

Stewart called out Bolling saying, "You don't really care about this. You have no principle about this."

What is the secret ingredient in the fake news coverage? It is not just its integrity, its exposure of hypocrisy, and its questioning of the status quo; it is also its use of irony.

The irony, sarcasm, and parody of fake news works to help us take the critical distance necessary to form our own opinions.

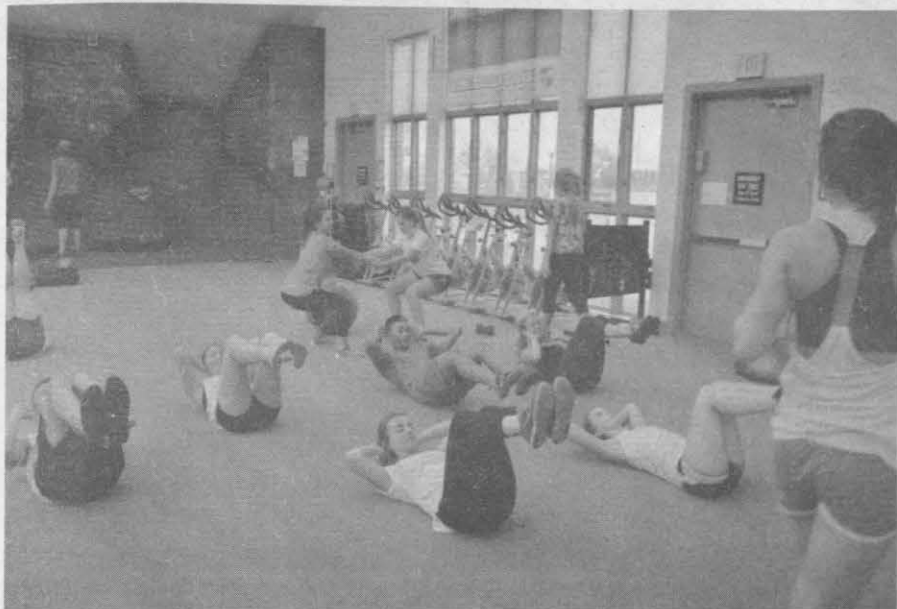
The fake news doesn't tell us what to think; it asks us to think for ourselves.

As we face yet another crisis that will likely cost our nation valuable resources and precious lives with no clear strategy for success or end in sight, our nation's future depends on citizens who know better than to believe the hype—for what happens when Stewart and Colbert retire?

Today's viewers, us—the fed up—know that satire news often has more integrity than "real" TV news.

So as we attempt to stay informed about the current military crisis our best bet is to stay tuned to satire news.

Annihilate, Don't Hibernate: Five Benefits of Participating in Group Exercise Classes



Hallie Benasutti teaching a Core class at the Wellness & Recreation Center



Photo: Kaitlyn Strutt

Halli Benasutti **GUEST CONTRIBUTOR**

The days are getting shorter, the air is getting cooler and the bright summer and fall hues are fading.

As we all retreat into our warm winter scarves and mugs of hot chocolate, our moods, energy, and healthy habits tend to decline.

Exercise is an excellent way to help improve your mood, boost your productivity, increase your energy and improve your overall health.

A great way to stick to a fitness routine and combine social lives with exercise is in the form of a group exercise classes, such as those offered by Regis' Wellness & Recreation.

Aside from a new, challenging and generally enjoyable experience, group exercise proves to have a number of physical, psychological and even spiritual benefits that you may find worth reaping in the coming winter months.

You are likely to find that attending group fitness classes will help keep

you out of the winter slump and help you stay motivated through the colder months.

Below are some of the most common and valuable benefits of participating in group exercise as outlined by the American College of Sports Medicine:

1. Helps build camaraderie:

Whether it's a spin class, yoga, or a boot camp, you will see new faces and build new relationships. Even a casual greeting with the people that sit next to you in core class can build into close relationships overtime.

You will make connections with people you normally would not have had the opportunity to meet. You might even become meet your future best friend, spouse, or boss!

2. Amps up the competition:

Even if the class has no direct competitive exercise or routine, subconsciously you still feel the need to compete with those around you. You tend to push yourself harder in a class

than working out by yourself.

When the instructor yells "five more seconds" you are more likely to work harder through those final seconds if you see the people around you doing the same thing. Group fitness classes pull out the competitive athlete in all of us.

3. Improves accountability:

According to an article published in the Western Journal of Nursing Research, studies have found that people who participate in group fitness classes are much more likely to maintain an exercise schedule than those who worked out alone.

You become motivated by a feeling of obligation and the knowledge that you are going to receive a workout that is worth your time and effort is extremely encouraging.

4. Raises your endorphin output:

Endorphins are very beneficial because they are neuropeptides that block your pain receptors and produce

a euphoric high. Basically, they are a healthy and psychologically beneficial natural hormone that your body releases during strenuous physical activity. In addition, your endorphin output is proven to be higher in a group/social environment like a group fitness class according to research performed by Oxford's Institute of Cognitive and Evolutionary Anthropology.

5. Have fun!

Come and see for yourself! Joseph Dizon, a Regis University student and frequent group fitness class participant, says "Group fitness makes people more accountable, it improves you physically, mentally and socially. It builds community and it gives you the opportunity to compete against other people and yourself!"

There are several group exercise classes offered at Regis in the Fitness Center. Challenge yourself to try a class and be prepared to have a great workout while having fun!

LOCAL

Rocky Mountain PBS Features Special on 'Rockstar' Pope

Sneha Antony **EDITOR-IN-CHIEF**

John Paul II was celebrated as a saint for the first time in October. The Universal Church marked Oct. 22 the first liturgical feast day of Saint John Paul II.

Rocky Mountain PBS aired a 28-minute documentary on John Paul II on Oct. 23 at 7 p.m. showing events surrounding the 1993 World Youth Day, which was held in Denver. It was the first and only World Youth Day to take place in the United States.

The documentary titled "Pope John Paul II" is part of PBS's Emmy-award winning history series: "Colorado Experience."

More than 750,000 youth from 72 countries united in Denver to welcome John Paul II and celebrate World Youth Day.

World Youth Day was an idea created by Saint John Paul II.

"John Paul the II was seen as a rockstar around the world," state historian for History Colorado William J. Convery said.

"Hundred of thousands of young people traveled from all around



Then-pope John Paul II waves to the world to see the pope, become energized about faith, to dedicate themselves to living better lives and to bask in the celebration of their church," he added.

Operations coordinator for the Denver Archdiocese's Office, Kelly Seeman, said some of the footage in the PBS documentary has not been seen for more than 20 years.

Then-President Bill Clinton arrived

John Paul II and Clinton held a summit at Regis University.

Convery said the pope had two main reasons he wanted to come to Denver: its landscape and the growing Hispanic population.

"Reaching out to latinos was very important to his papacy," Convery said.

The pope visit in '93 was also during

the "Summer of Violence" in Denver.

Convery said more than 130 murders took place in Denver that summer.

Archbishop of Denver Rev. Samuel J. Aquila said all the violence came to a "screeching halt" when the pope arrived.

"There was no summer of violence, it was a week of amazing grace," Catholic author Mary Beth Bonacci added.

Convery said the World Youth Day strengthened the Catholic community in the state.

"It left a positive lingering effect in bringing people together in the Catholic Church in Colorado," he said.

Bonacci said the crowds were drawn to the pope because he felt relatable to most.

"Up until then the popes were old guys in Rome and wonderful holy men," she said. "But he was your grandfather. He reached out and he came to us and he loved us. That was completely new."

CAMPUS

Regis Offers Children Safe Trick-Or-Treating Options

Tanner Stuhr ASSOCIATE EDITOR

Regis will soon be flooded with toddlers and tykes for one purpose: to gather candy.

For the past five years, Student Activities has put on a student outreach event for children of the community during the Halloween season.

The kids dress up in costumes and gather candy from different departments on campus.

"It's a way for elementary schools to do safe trick-or-treating. When you're growing up, you have to check every single piece of candy," senior computer science major Erin McAleer said.

The contents in candy is receiving greater attention this year after the legalization of marijuana.

Police and school districts across

the state, such as in Denver and Breckenridge have warned parents to check their children's candy to make sure it is not marijuana candy.

McAleer said local schools are grateful for the program Regis puts on.

"I called the (elementary) schools last week and they're really excited," McAleer said.

However, with such an event come a few difficulties. One mistake McAleer said they made in the past was having a haunted house for the kids.

McAleer said she is glad both the university and schools could collaborate to continue to host this event for the children.

"This is for schools from a school."

The trick-or-treat event will take place from 3 p.m. to 5 p.m. on Friday Oct. 31.



Children from elementary schools near Regis gather candy in Main Hall (2013).

Photo: Kaitlyn Strutt

WORLD NEWS

A Celebration of El Día De Los Muertos

David Macias ASSOCIATE EDITOR

The Mexican celebration of the Day of the Dead is just around the corner.

The Day of the Dead which spawns from both Catholic and Mexican cultural traditions is celebrated throughout Mexico but especially in the central and south parts of the country.

It starts on Halloween, the last day of October and continues through Nov. 1, All Saints Day and ends the night of Nov. 2, All Souls Day.

Although traditionally a celebration to the Aztec Goddess of the Dead 'Mictecacihuatl,' it was later amalgamated into the Catholic tradition of praying for the dead on All Souls Day on Nov. 2.

The festival's ultimate goal is praying and remembering loved ones who have passed away.

The festival can be traced back to traditions of the native Aztecs and Mayans who celebrated it much earlier, sometime in August.

Calendrical deterioration and amalgamating cultures led to it being celebrated in November.

The tradition consists of making an altar among the tombstone of a loved one and decorating it with various

things.

It can be anything from flowers, to skulls made of sugar and paintings or miniature statues of the Catrina: the modern evolution of the Mayan Goddess of the Dead.

There is also, at times, a parade through the main street of the town or city. This is usually followed by dancing by people costumed as the dead.

At times, universities will have a megafrenda: a mega-offering. There will be food, prayer, altar and costume contests and performances throughout the day.

All these celebrations go on, non-stop, for three days. Although what happens varies from place to place and family to family, almost all the things mentioned are done.

The festival is celebrated in various parts of the United States, such as California, Arizona and Texas.

Colorado takes part in it too. Most of the day (as it is only commonly celebrated on one day instead of the usual three days here in the U.S.) is spent with performances, dances and confection making.

Regis and Denver have a significant Hispanic community and there are many here who do celebrate the festival in its entirety.



Decorated skulls made of sugar placed on an altar. Photo: Sofi Torres

RESTAURANT REVIEW

Jack-N-Grill Serves Up Mighty Award-Winning Mexican Meals

Karli Denk ONLINE EDITOR

To start the year off, I wanted to go to a place off the beaten track—And I definitely found one!

Jack-N-Grill is located at 2524 Federal Boulevard, less than ten minutes from campus.

It has a quaint porch illuminated with strands of Christmas lights.

This small restaurant was opened in Denver back in 2000 by a family from Albuquerque, New Mexico.

They have since earned national recognition for their food.

Their food has been featured in several television shows including "Man vs. Food" on the Food Network. The Travel Channel also mentioned

Jack-N-Grill in a list of "Best Places to Pig Out" in the United States.

These achievements and awards coat the walls of the restaurant. And I can attest to the accolades.

My roommates and I ordered different dishes ranging from street tacos to a Mexican pizza.

They were all gone in minutes! My Mexican pizza was two tortillas stuffed with chicken and cheese and topped with pico de gallo and it definitely had a kick.

If you are into food challenges, Jack-N-Grill offers a seven-pound burrito challenge.

Ladies who can finish the infamous burrito in one sitting can eat for free whenever they visit the restaurant.

In addition to the great food, the service was phenomenal. It was among the best service I had ever received.

Our server was Curt, he was very comical; ask him for him next time you go.

I'll see you there!

The family recently opened their third restaurant in Westminster, CO.

Hours:

Monday-Thursday: 7 a.m. to 9 p.m.

Friday-Saturday: 7 a.m. to 10 p.m.

Sundays: 7 a.m. to 9 p.m.

Locations:

Denver, CO

Littleton, CO

Westminster, CO



Inside Jack-N-Grill. Photo: Karli Denk

How To Serve Man?

EDITOR'S NOTE: *When we gave our writer Steven Lorenzen his assignment, we didn't know it would take such a ghoulish twist. Please don't be too squeamish...it's all in Halloween fun!*

Steven Lorenzen **STAFF WRITER**

As a Jesuit institution, it is Regis' mission to graduate men and women who serve other people. It may be surprising to find that some students struggle with applying this in their own lives.

"The actual act of serving others is easy but finding time to do is the hard part," sophomore chemistry major Stephen Archuleta said.

Junior English major Becca Veys agreed.

"Regis is too focused on student life...and not focused enough on serving others," Veys said.

One look at the core requirements sheds light on this growing problem.

Since there are no required cooking classes, as well as an anatomy curriculum that is focused more on function rather than the taste of humans, it is clear why many Regis students don't know how to cook one.

Luckily, a few basic insights into the structure of meat can help make the process of choosing the right cut and method of preparation more manageable.

As with any animal, each cut of meat will have a distinct taste and texture. A bicep might make a great base for a homestyle meatloaf yet be too gamey



Halloween party platter. Photo Courtesy: Tumblr

for a backyard barbecue. So, it is important to consider what makes each piece different.

Meat is muscle tissue composed mainly of water, protein, and fat.

Each muscle will have varying

ratios depending on its function and level of use.

A soccer player will produce leaner cuts of meat compared to a more sedentary chemistry student, however, the difference in taste, texture, and

color is due to more than just the varied fat contents.

While this soccer player saunters around the field each morning he is producing myoglobin, a protein that carries oxygen throughout his muscles. This iron binding molecule gives his muscles that succulent red color associated with fresh meat.

When he kicks the ball he is using fast twitch muscles that do not use oxygen. These delicious bundles of fibers need less myoglobin and tend to be lighter, similar to chicken's breasts that are used for flapping in quick bursts and thus are almost completely white.

Judging a person based on their skin color is heavily looked down upon in the culinary world. However, the color of a person's muscles is a great indication of how they will taste.

Human flesh has very little flavor before it is cooked. When heated above 212 F a reaction occurs that combines denatured proteins such as myoglobin with sugars to create more flavorful molecules.

This process called the Maillard Reaction is responsible for the brown coating on freshly baked bread as well as the sizzling aroma of a freshly cook steak.

Before serving any part of the human body make sure this reaction has sufficiently occurred. Undercooked meat will have an over-obedience of myoglobin proteins and appear red and bloody. Beyond just being unsafe the meat will be less flavorful.

Haunted Houses Compared: Fright Fest Field of Corpses

Karli Denk **ONLINE EDITOR**

Elitch Gardens has reopened its gates to visitors for its Fright Fest celebration. The Halloween festivities run all through October until Nov. 2.

The park is open to youngsters on Saturday and Sundays between noon and 5 p.m. The amusement park offers a variety of shows for young viewers, such as "Vick the Vulture." Other activities include: a hay maze, a scream contest and costume contest. Kids can also trick-or-treat their way about KiddieLand.

After 5 p.m., the ghouls and goblins are let loose. Fire-breathing creatures, specializing in pain and pleasure, will shock older visitors in "Side Show: Parade of Freaks."

While the abundance of exhilarating rides is a must, the real focus of Fright Fest is the haunted houses. Elitch Gardens creates new haunted houses every year. This year, the two haunted houses are titled "Flesh Factory: Outbreak" and "Terror Chamber 2."

"Flesh Factory: Outbreak" is a post-apocalyptic themed attraction where participants can explore a site of the zombie outbreak.

Terror Chamber participants are initiated into a menacing secret society and must make their way through the



Skeletons at Fright Fest. Photo: Karli Denk

eerie experience.

"Flesh Factory: Outbreak" was my favorite of the two because it really hones in on the zombie craze that has captured the attention of many 'horror' lovers.

Elitch Gardens always does a great job creating new and spooky attractions year after year. I greatly encourage Halloween lovers to take a trip to Elitch Gardens during their Fright Fest celebration! Arrive early because parking can get pretty hectic.

Normal admission of \$40 is totally worth it. Fright Fest is an awesome event to attend!

Elizabeth Gendill **STAFF WRITER**

Field of Corpses haunted house off of 64th and Ward Rd. in Arvada has been open since 2003. It was rated Colorado's number one haunted house by the Spooky Colorado organization in its first year.

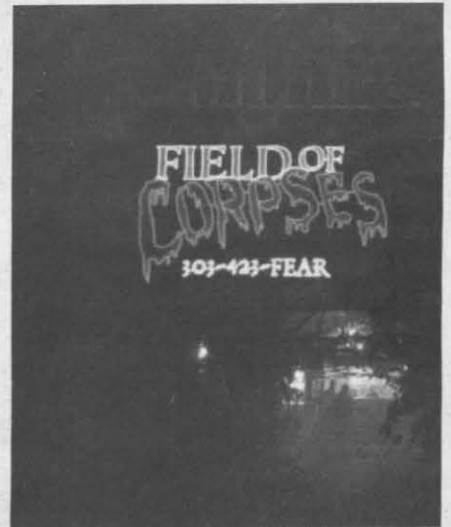
Field of Corpses is still run by the same family that owns the Das Meyer bakery to which the haunted house is connected. Despite having the same owners, Field of Corpses failed to live up to its full potential this year.

Year after year Field of Corpses has been praised for its attention to detail and that is still the case this year. Each room was carefully planned out and designed.

Guests will face everything from strobe lights, to pits, to holes they have to crawl through, to smoke machines and of course, chainsaws. There is even a part where guests are led through an abandoned school bus and another abandoned hearse.

With all of the effort and detail put into making this haunted house it seems impossible for them to mess it up. Yet this haunted house failed to live up to expectations simply because the actors themselves were below average.

As creepy as the location was, it is difficult to be scared when the



Entrance of Field of Corpses
Photo: Elizabeth Gendill

actors doing the scaring are less than believable. High-pitched yelling and growls get old really fast and that's all most of the actors did.

The jumps were predictable as well; it was way too easy to point out ahead of time where an actor would be hiding waiting to scare a passersby.

Not all the actors there were below average but when even half of them are it somewhat ruins the experience.

In all Field of Corpses is not a very scary haunted house, however, at \$17 it is much cheaper than a lot of the other ones in the Denver area.

This is the haunted house for you only if you are easily scared.

HALLOWEEN

Halloween Movie Marathon: 31 Days of Horror



MOVIE GUIDE

Karli Denk **ONLINE EDITOR**
Sofi Torres **SOCIAL MEDIA EDITOR**

OCTOBER					Saturday	Sunday
		1 Halloweentown (1998)	2 The Little Vampire (2000)	3 Night of the Living Dead (1968)	4 1408 (2007)	5 Psycho (1960)
6 IT (1990)	7 Beetle Juice (1988)	8 Hocus Pocus (1993)	9 Coraline (2009)	10 Edward Scissorhands (1990)	11 Halloween (1978)	12 The Nightmare before Christmas (1993)
13 Nightmare on Elm Street (1984)	14 Saw (2004)	15 Bride of Chucky (1998)	16 Casper (1995)	17 Annabelle (2014)	18 Sinister (2012)	19 Insidious (2010)
20 Texas Chainsaw Massacre (1974)	21 Children of the Corn (1984)	22 The Shining (1980)	23 The Collector (2009)	24 The Grudge (2004)	25 The Ring (2002)	26 The Blair Witch Project (1999)
27 Paranormal Activity (2007)	28 The Fourth Kind (2009)	29 The Evil Dead (1981)	30 Poltergeist (1982)	31 The Birds (1963)		

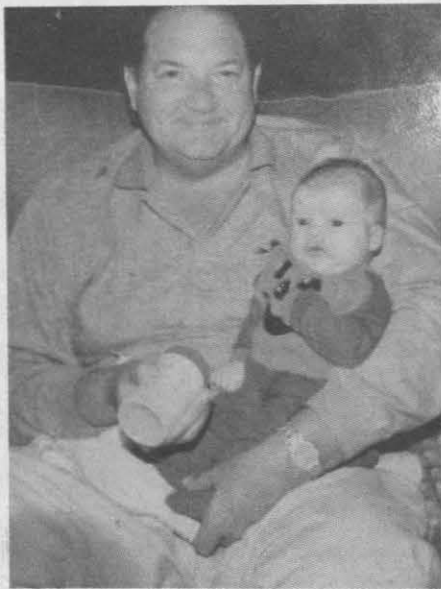
Happy Halloween From The Highlander Staff!



Staff Writer Jay Belmonarch



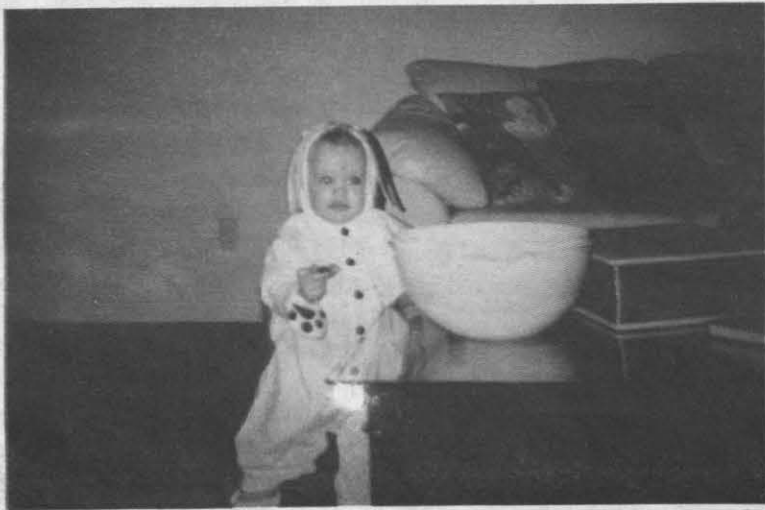
Photographer Helen Burns



Publisher Lauren Hundley



Social Media Editor Sofi Torres (left)



Associate Editor Tanner Stuhr



Photographer Kaitlyn Strutt